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HEALTH DEPARTMENT  
NEWS RELEASE



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**Kent County Health Department Changes Guidance on COVID-19 Quarantine Period**

*Guidance Aligns with U.S. Centers for Disease Control and Prevention Protocols*

**GRAND RAPIDS, MI (April 30, 2020)** – The Kent County Health Department is changing its quarantine guidelines for people exposed to coronavirus to align with the U.S. Centers for Disease Control and Prevention (CDC) [protocols](#). Effective immediately, the new guidance shortens the quarantine period for exposed people from 14 days to 10 days under certain scenarios.

The previous 14-day quarantine period was based on the full incubation period of the virus. However, data confirms 90 to 99 percent of COVID-19 infections occur within 10 days of exposure.

Residents can be released from quarantine after 10-days, without testing, if:

- They conduct daily symptom monitoring through day 10 after the last exposure, and
- They do not have any symptoms or clinical evidence of COVID-19.

If a potentially exposed individual develops symptoms during the 10-days, they should [seek testing](#) and self-isolate while awaiting results. Additionally, potentially exposed individuals should adhere to mitigation strategies after exiting self-quarantine such as mask use, social distancing, hygiene practices, etc.

A 10-day quarantine period *does not* apply to those residing in congregate living settings or who work with individuals in high-risk groups.

“This change will make it easier for individuals to complete their quarantine and still reduce the spread of the virus,” said Kent County Health Department Medical Director Dr. Nirali Bora.

“However, we encourage residents to remain vigilant against the virus and to get vaccinated as soon as possible.”

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KCHD has been in the business of providing health services to Kent County since 1931. The Health Department is home to nearly 260 employees including public health nurses, sanitarians, health educators, technicians, public health administrators, and specialized staff at the Kent County Animal Shelter. The Health Department operates one main clinic and three satellite clinics located in Kentwood, Rockford, and Grand Rapids. To learn more about KCHD services, visit [www.accesskent.com/health](http://www.accesskent.com/health).

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[Isolation requirements](#) for individuals with a confirmed positive COVID-19 test have not changed.

The Kent County Health Department is currently updating all its guidance and communication materials to reflect this change.

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